

CASE REPORTS – MYOPIA

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Instead of using some “unusual” case history, I shall present two “run-of-the-mill” cases. We have seen so many of these during the past six or eight years, and have had a lot of satisfaction in breaking up the bad habits started during the developmental period of vision. I am sure that our friend, Dr. Lange, of St. Louis, Missouri – not a syntonist – has the proper idea of how vision is developed. I advise every syntonist to study Dr. Lange’s method. It works nicely with our method. We have followed his thoughts and have employed largely the sytonic principle in threes cases. We are always happy when these youngsters come in before someone has fitted them with minus lenses. Correcting their trouble is much easier when no glasses have been worn. However, when we can get the proper cooperation from the patient we do get results even after minus has been used.

By now you realize I am speaking about the young myope. I firmly believe myopia is an acquired habit. Therefore, if we can more or less reverse the processes that originally caused myopia, we stand a good chance of making the youngster see the blackboard again and preventing the progressive trend.

The following two case reports are those of two brothers. Case #1: February 8, 1948. Gerald, age 13. Complain: Eyes watered. It requires a lot of concentration to see clearly either at near or far. V.A. O.D. 20/20-1, O.S. 20/30-2 #1. Negative #2. R. 43.00 180 – 43.88 at 90, L 43.50 180 – 44.00 at 90 #7. R. - 0.50-0.25 x 180, L. -0.50-0.50 x 180 #8 1 eso: #12. Negative #13B 4 Eso. Three treatments of Lange – Am O. 8 minutes, followed by upsilon 8 minutes. Then six sytonic applications of mu/upsilon 8 minutes, upsilon and an occasional alpha/omega. Dismissed. No discomfort, Phoria normal. VA R & L 20/20 OU 20/20.

Case # 2. Bud, age 17. Complaint: Distance vision blurred but no discomfort. VA OD 20/50 +2, OS 20/40 -1. #1 Negative; #2 OU 43.00 at 180 and 43.12 at 90; #7 OU -0.75; #8 1½ Eso; #12 Negative; 13B Ortho. Six treatments given from February 11, 1948 to February 20, 1948, inclusive. On the Lange instrument. Am O. 8 minutes, then upsilon 8 minutes, Mu/upsilon 8 minutes. VA 20/20 -20/20 OU 20/15 – 2. No Rx given in either case.

We find that these cases maintain their visual acuity providing they keep their near work at a distance of approximately 16 inches. We do not prescribe minus lenses unless the astigmatism is so great that frontal headaches cannot be controlled or the astigmatism is much greater in one eye, so as to prevent a proper visual balance between the two centers.